Recommendation of the work

Philadelphia, October 13, 1829.

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B. B. Smith. Editor of the Philadelphia Reset der, and Rector of Grace Church.

G. T. Bedell, Rector of St. Andrew? Church, James Abercrombie, D. D. "Assistant Minner of Christ Church, and St. Peter's. George Weller,

Jackson Kemper, Assistant Minister of Charles, and St. Peter's. Thomas H. Skinner, D. D. Pastor of the Fra Presbyterian Church. n. M. Engles, Pastor of the Seventh Press

Wm. M. Eligon, terian Church. John Hughes, Pastor of St. Joseph's Cubic Join Hugner, Pastor of St. Augustine Calurch.
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Lic Church.
Wm. H. Furness, Pastor of the first Coupptional Church.

W. T. Brantly, Pastor of the First Busic Church, and Editor of the Columbias Nar.

on Higgins, Pastor of the Methodist En

copal Union Ch.

"Manning Force, Pastor of St. George's Medsdist Episcopal Church.
In addition to the above, the names of a number of highly esteemed members of the different professor who are subscribers to the work, might be added as expressive of the estimation in which it is kilk with one voice, the public press from one end of the continent to the other, has spoken of the Journal of Acalth in terms of unequivocal commendation.

TERMS:
The Journal of Health, will appear in number of 16 pages each, octavo, on the second and fard Wednesday of every month. Price per anaun, \$121 in advance. Subscriptions and communications (set paid) will be received by Judar Dobson, Agest, \$4, 108 Chemut Street, Philadelphia.

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STARTE OF MARKARS, CO. Or MADYBANG, 696.

Anne Dunder Courty, Orphanic Court April 14, 127

On a polication, by petition, of Fracis
Shekell, Adunr. will annexed of Fracis
Shekell, lateof Anne Arundel County, decase
ded, Ir 15 on English and the greet the senter required by law. For creditors to exhibit ther
claims against the haid deceased, and that he
same be published of the fine ach week, for the
space of six successite weeks, is one of the
news-papers printed in Annapolis.

THOMAS T. SMMONS,
Register of Wills, A. A. Ch

Notice is hereby Given, That the Subscriber of Anne-Arundel county hath obtained from the Unphans' Court of An ne Arondel county, in Maryland, Letters administration with the will a nexed on the personal estate of Prancis Shekri —late of A by warned to exhibit the same, with the recoers thereof, to the Subscriber, at or before the
fourteenth day of October next, they say so
erwise by law he excluded from all backs
the said estate. Given under my hand this La

day of April 1830.
FRANCIS SHEKELL, Adm'r, W. A.
April 15th TRACHER WANTING

PY the Twietersof the Free School, and field to teach the atla and Greek Language also well versed in Mathematics, and it various branches of the Roglish Language is tuation is one very destrable, as it is neighbourhood where the population is contable. The application will be made to Trustees of the Free School, must Annual Annual Language.

Anne Arundel county.

April 15.

The National Intelligencer willightly above once a work for three weeks, and for the account to the Maryland Gazette.

PRINTING NEATLY EXECUTEDAT TH

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ANNAPOLIS, THURSDAY, MAY 27, 1830.

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## MISCELLANEOUS.

THE MAGIC MIRROR. "Come, if thy magic glass have power
To call up forms we sight to see;
Show me my love in that rosy hower,
Where last she pledged her truth to me.

"The wiz rd show'd his lady bright, Where lone and pale in her hower she lay, True hearted maid," said the happy knight, "she's thinking of one who is far away."

But lo! a page with looks of joy, Brings tidings to the lady's ear; of Freshold the knight, "the same bright boy Who used to guide me to my dear."

The lady now, from her favourite tree, Hath, smiling, pluck'd a rosy flower; "such," he exclaimed, "twas the gift that she Each morning sent me from that bower." Each morning sent me from that bower."
She gives her page that blooming rose,
With looks that say, "like lightning fly!"
"This!" thought the knight, "she sooties her
By fanging still her truelove nigh."
But the page returns, and -oh! what a sight
For true lover's eyes to see,
Leads to that bower another knight,
As gay, and, alas! as loved as he!

"Such" quoth the youth, "is stoman's love!"
Then darting forth with furious bound,

And strew'd it all in fragments round.
MORAL MORAL.
Such ill would never have come to pass,
Halben'er sought that fatal view;
The wizard still would have kept his glass,
And the knight still thought his lady true "

## ADDRESS

BY MAJOR R. L. BAKER, U. S. ARMY, BEFORE The Laurenceville Temperance Society, at the United States Arsenal near Pittsburgh.

Without pretending, myself, to possess any uncommon share of prudence, but, on the conacknowledging my own liability to error, it is not without great diffidence in my own powers, and fitness for such a duty, that I now rise to address you. Under circumstances, which, perhaps, ought to warn me that silence on my part, would be the more popular course, I am, notwithstanding, encouraged to undertake a task, that I am fully sensible, should have been committed to abler, and more influential hands. The importance the subject upon which it is my intention briefly to address you, is, however, a power-ful inducement to the undertaking, and a hope of its favourable result upon those who shall hear me, will uphold me in the execution of

In the very infancy of our Society, and before we can reasonably expect many very de-cited and marked improvements to result from its principles, there are, nevertheless, flattering symptoms of a favourable issue to our exertions. We have sown our seed, and shall its culture be neglected? We have taken the field in the spirit of thrifty husbandmen, an! shall we not direct our labours to a fruitam it in in the breast of every min, who pursues, and attacks, and vanquishes the enemics of his country, and of his liberties; but that ambition pecomes a holy desire, a godlike as-piration, when the armour of virtue is buckled on, and we go forth, armed in morality, against the for of our peace, and of our souls; determined to drive him from our territories, to his own strong works, and there in the very citalel of his ill acquired power, to effect his utter destruction!

ter destruction! Such is the ambition of the temperate man, and one bright view of the future consequences which will result from an adherence to his p inciples, is worth all the feverish and frond dreams, and all the baseless visions that intemperance ever gave birth to! It is the du ty. my fellow citizens, of us all to rise in our strength, in defence of the dearest, and the pirest principles of morality; to strive with all our might to subdue our own fratt and false propensities, and as we gain one fortress within the lines of the enemy's field of operation, to reinforce our position with allies, converted to reinforce our position with allies, converted to the justice and the holiness of our cause. Let our exertions be marked with the spirit of philanthropy, and let us be geen by our enemy, leading from his reeky and bloody altar of sacrifice, the conquered and deluded victims of his vile power. In a war so just, and so beneficent in its objects, let every benefactor of mankind enlist, and let them swear, not to return the sword to its scabbard so long as even the shadow of the enemy darkens and desolates the land! He must be subdued, and to another generation shall go down, only the to another generation shall go down, only the record of his basiness, to tell of his once dire-ful existences.

To the friends of virtue, and good order, we then say, come forward, and join the stand-ard under which tens of thousands of our

and unter which tens of thousands of our countrymen are already arrayed, and with King Henry, exclain, "Thus hulling in." The wild see of my conscience. I did steer "Towards this seeding, whereupon we are "Now present here together."

And let not a conwardly fear of the taunts and steeps of the intemperate, hold back your bands from subscriping to your own honorus, when your assessment to the every principle of virtue demands the exercise of your moral independence. It is the voice of reason that invites you the voice of public opinion

habits, fearing the scrutiny and the remarks of his sober and more prosperous neighbours. Open indulgence is avoided, and the lovers of the poison, are driven by public opinion and the tattered remnants of self-respect, to their dark, and cheerless, and hopeless homes, there to lay off the rational man, and assume the character of the poor, deluded, disgraced, and miserable drunkard! And, as if asham-said of avan their own presentes, they strive, and ed of even their own presence, they strive, and successfully too, to destroy the little reason and pride that, amid the ruins of a once noble edifice, seeks to hide its own shame! Have we not all seen, in our own limited society these poor, and pitiable objects, preserved us, apparently, as beacons to warr their fellow men against the dangerous shoals and rocks on which their fortunes have been wrecked? For what other purpose can we presume that a Providence, as just as merciful, would thus protract the existence of beings, whose lives are one continued nuisance to society, and a foul blot upon human cha-

It is not my intention to point out individual instances, either of depravity or of reform. We have the happiness to believe that every hour lessens the frightful number of the unfortunate victims of a vicious habit, whilst the ranks of the temperate are proportionally in-creasing. The spirit of reformation is abroad in the land, and the lights of reason, and of sense, while they precede its march, through the dark and dreary paths of Intemperance, cast their cheering rays before the feet of the deluded, to guide them from the dangerous mazes, into which, the heretofore almost irresistable power of this vile habit, had entangled them. With the aid of such lights, we will not despair of complete success; cause, when properly presented, we believe there are but few, whose delusion will not vanish before their benign beams! Man, at this day, is too enlightened to believe in the evasive excuses of the drunkard, and when the stubborn, and incorrigible debauchee, af-firms the necessity for a continuance in his beastly practices, we discover in him the evidence of an union of vices; for, to the despi-cable one of intemperance, is allied, the meaner, but not less criminal one of lying! and I have, myself, had frequent proofs among the most sottish soldiers I have ever known, that long confinement on breal and water, is a specific restorative of strength, of mind and health. It is vain therefore, for any one to attempt the imposition of their favourite doctrine upon the experienced: THEY have no charity for those who have no respect for themselves! But perhaps it may be thought, it is hardly worth the exertion it will cost, to direct our efforts to the totally abandoned. While the principles of our society are taking firm root among the sound, and the young, the thrifty and the fruitful, these old, decayed, snpry and worthless trunks, will yield to the storm that has long raged around them, and the consuming fire will sweep them from the ground that they now cumber. Yet, in charity to the frailties of our nature, we will not quite abandon, even the apparently hopeless. Our example shall be constantly before their inflamed eyes, and the enormity of their transgressions, we will never cease to sound in their ears. We will, for their safety, point out the dangers that lie in every path they travel, and for their souls' good, invite them to avoid and shun them. We will take them by the hand, and as faithful guides, restore the bewildered wanderers to the paths of virtue and rectitude, and, pointing to the haven to which such paths lead, we will urge them to persevere, and advance, and not look back upon the burning Sodom of their destruction! And having thus far aided in their escape from

ruin, we will wish them God-speed, and pray for their final and complete success! To the temperate, let us rather look for our friends. On them our hopes rest, and from them our ranks must be mainly augmented and supported. Still we are not secure: vice has so many false and flattering allurements t at the most steadfast in principle, are even are her marked victims, and she approaches them so cautionaly, and insiduously, and with so many smiles and promises, that ere we are made sensible of her treachery, & her arts, she made sensible of her treatnery, other arts, she has thrown around our senses, our affections too, her beguiling snares, from which we can escape only by an Herculean exercise of determined moral strength! It becomes, then, 

commit the concerns of the state to hands in which he would not trust his private interests? or, when he would not trust his private interests.
Or, who will give employment to the drunkard, when the temperate man stands ready to
serve you? It is a fact, which many who now
hear me will confirm, that no mechanic, however skilful and industrious, if intemperate in ever skilful and industrious, if intemperate in his habits, can long preserve the confidence of his employer. Can the armourer, with a distracted brain and a shaking hand, adjust the delicate limbs of a lock? Can the smith, forge a smooth face to his work, or the carpenter square and closely joint whatever he undertakes? The occupation of the mechanic, requires as clear and so cool a head as the profession of the law; and it is not possible for the greatest genius. and the best talents, to arrive at perfection, in any branch of the arts arrive at perfection, in any branch of the arts or sciences, without the aid of mental facul-tles, unconfused and unobscured by artificial stimulants. My own experience, which most of you are aware has not been very limited, has taught me, that the services of temperate men in the employ of the public, are, generally speaking, worth at least twenty-five per cent. more, than those of habitual drinkers of equal skill in their trades; and I would recomnend to my friends to take these facts into consideration, in the selection of their mecha-

From the London Magazine. FASHION.

It has been amusing, latterly, to observe how customary it has become to rail at the style of dress made use of by our modern Their stays, sleeves, bonnets, bustles, &c. have been subjects of animadversion and satire from all quarters; yet we cannot perceive that the dear creatures are a witless bewitching than were their mo-thers, who, in their youth, armed themselves for conquest in tight sleeves, looped up gowns, dimity petticoats, and pigmy bonnets; or their great grandmothers with their hoops, stomachers, pudding bags, powder, patches, paint and pomatum.

It is not unlikely that some antiquary of the 24th century, meeting by accident with one of the paragraphs of the present day. coal buckets upon their heads, and young balloons tied to their arms, and though their sleeves have now taken the appearance of vings, (we presume in some measure to realize the wish expressed in the popular song of 'I'd be a butterfly,' yet it does not spoil the conclusion, that the ladies of our times are as flighty and high flown as the whole of their fascinating sex have been since the days of Eve, who, to her immortal honour was the first who introduced the art of the toilette into the world; and though it is not upon record that she had couleur de rose, parfume de rose, huile de rose, papilottes, twezers, or any of the thousand things necessary to make one of her daughters of this day 'fit to be seen,' yet we dare say, that pos sessing those feelings of human nature which from her have been transmitted thro' every pulse of her posterity, she felt as great a throb of pride, and showed as much taste in the arrangement of her little garment of fig leaves, as any one of her sex of the present day does, when she has spent two or three hours in setting off her beauty's blaze for an appearance in the ball room

Nor can we perceive that the laugh should by right, be all on the side of the men, while their own dress, in comparison with every thing that is simple or beautiful in nature is so preposterous and elegant. Nothing but the force of habit, which reconciles us to whatever is fashionable, creating an artificial taste, and making what is deformed appear pleasing, could possibly prevent men from perceiving how very ridiculous is the form of the present habiliments.

The human figure is now no longer a subject for the contemplation of the sculptor. -A man is now formed upon the beau ideal pos sessed by a tailor, boot-maker, and hatter, with a little assistance from the taste of some such milksop as Brummel. Now, instead of stepping from his portals, proud of exhi combination of thews and sinews that would engble him to overcome the Numidian lion, which is what a young Roman would most have plumed himself upon, a man struts forth a two legged animal, with a bird's tail, his feet squeezed into a pair of the most torturous and untasteful of all coverings yelent Wellington's boots' which obscure, with a clumsy wrapper of blackened calfskin, the most symmetrical and beautiful part of the human body, namely, the ancie; his neck is swathed and bandaged round with muslin or silk in such a mamer that, were one of his hardy forefathers (who that, were one of his hardy forefathers (who feared no damage to their throats but from the start of the forman) to see him he would image that some ghastly wound or loath-noine disease were concealed beneath the unnatural covering.

Rising proudly from beneath the neck-eloth are the two sides of the shirt collar.

supporting the face, as it were, to prevent

demands your aid in the good work; and this is a voice that must, and will be respected.

Already the intemperate man is striving to throw the shield of secrecy over his ruinous habits, fearing the scrutiny and the remarks of his scheen and the secreting and the remarks of his scheen and the secreting and the remarks of his scheen and the secreting and the remarks of his scheen and the secreting and the remarks of his scheen and the secreting and the remarks of his scheen and the secreting and the secretion and the secreting and ereation' proudly surmounts his superb figure, that figure which we are told, the Creator formed after his own likeness. - Examine its qualities. It is formed for use? - It scarcely covers the top of his head; and, in most cases, the weather is more enxious a bout it than his person. Does its durability recon mend it to him? No! for it is worn out ere it has fitted itself to the shape of his skull. Is it for the great comfort with which it may be worn? Comfort! why an iron sauce-pan might be worn with nearly as much ease. Witness the deep blood red furrow which marks the brow of your beau, who has just taken the beaver from his smok ing head. Perhaps, then, its beauty thus induces the wearer to carry it? Surely no one can look at such a clumsily shaped thing, and call it beautiful! How much more elegant is even the fur cap of the Russian hunter, which has protected his head in a thou-sand tempests? What, then, can induce a man to inflict upon himself the penance of ransporting such an incumbrance about with

him? It is the fashion! 'Are ye answered!'
The primitive object of dress was merely to cover the human body from the severity of the weather; but, as the arts of civilization increased, the appeal was made to conduce to adornment, as well as warn,th and protection. Still, however, though the te was improved, and ornaments of gold, silver, and jewels appended, the costume re-tained its graceful simplicity. What can be more beautiful or show the human tigure to more advantage, than the plain, short frock of the ancients? or what give more dignity to the person, than the folds of the Roman the feudal ages with the mathematical cut thing called a coat in our times.

No sooner had the days of chivalry gone by than the cavaliers, who before could please their 'ladies' loves,' but by feats of arms, turned their attention to the adornment of their persons. Then came, in sucession, the fashions of the long doublet, the short heard, the half beard, and the peaked beard; the high beaver, the low beaver, and the square beaver; and innumerable other fashions more or less ridiculous.

To form an idea of the deformities of the modern modes of dress, nothing more is necessary than to contemplate the portrait of a person dressed in a fashion which has long one or other of these, in addition to raised bread made the preceding day, or on occacentury; what a ludicrous figure does she sions, biscuit, they will be able to make a cut, with her towering head dress of a foot high, Ler taper waste and stomacher, resembling an inverted cone, and the lower part blown out to a circumference of seven or eight yards! Or a heau of the same period, with his peaked toed shoes and enormous buckles, his short breeches with no body, his long sick of a coat with no collar, high cuffs, angular hat and face covered with black patches. Can any one contemplate such a caricature of a human being without laughing.

and gentleman, dressed as was the fashion ten or fifteen years ago, were to enter an assembly now, they would be objects of ridi-cule to the whole company, while one hahited as an ancient Roman or feudal baron. would be viewed with admiration. Thus, ve see the difference between what is really tasteful and elegant and that which only appears so because we are accustomed to it.

From the Journal of Healths SPRING REGIMEN.

To the invalid who has been confined to the house during the winter, and perchance restricted at the same to a few articles of diet, the approach of spring is hailed with animated pleasure, as the signal for greater freedom of movements, pure air and more varithat the bright sun and verdure of a sporting day are not to be merely seen from the windows of his chamber, but are to be enjoyed abroad, while listening to the coral strains of the feathered tenants of the grove. It the vegetable kingdom now luxuriates under the and of the gardener, the invalid may of right also claim an extension of the list of edibles, from his physician. All this is proper and just, but to prolong the enjoyment, wisdom must preside over the ministration of the gifts, of which man in his impatience claims the entire possession. When exercise is sought for this time in the open air, whether on foot or horseback or in the car-riage; the wanconsumptive, or the bent rheumatic invalid, ought to select those days in which the mild south western breeze is blowing; and keep within the covert of their nome if the east and north are confederated to carry with them their gloom and chiliness They must not misled by their old habits in the times of their vigor and prime, epur too long to the morning air, nor above all, be ductive of elevated poetical fervour, and a caught in that of evening. To the dyspep- far preferable offering at the abring of the control of t

which is just enough to communicate a slight sensation of coolness, will be most appropri-ate for his excursion. In all these cases the clothing should be warm, but little if at all different from that of winter. If it be so thick as to cause perspiration, the inconve-nience is but slight and temporary, and not for a moment to be compared to the sufferings that would follow its being of too light and flimsey a texture. Better by far to suffer from a little too much warmth than to be chilled: The 'evenings at home' are to be constantly preferred by the class of persons whom we are now addressing; and If in pleasant company, and cheerful and instructive converse, so much the better. No study or reading, even of a favourite kind, that shall strain the eyes with much gazing or fatigue the mind with much tho't is admissible. There is at this season a tendency to febrile excitation, towards night, eminently unfavorable to much mental exertion or corporeal

If the morning sleep of such persons be really sound and refreshing, it will hardly be necessary to urge them to rise at a very early hour, without regard to their feelings of weakness or languor; but rather than be awake or toss about in uuquiet slumbers and imperfect dosing, they ought to get up and having finished their toilet, amuse themselves with a favourite author, or engage in some composition of their own, which shall interest without fatiguing. Should their tastes not lead them to this literary indulgence, and their bodily strength allow it, tho use of the dumb bells or some slight gymnastic exercise will be advantageous. But we forget, miserable bachelors as we are, that our advice is intended as well for heads of families, fathers and mothers and gentle maidens, as for the student and the To all such of whom we humbly crave pardon for this omission, the early hours of the morning will be sufficiently taken up in domestic duties, receiving the kindly greetings of their children or their brothers and sisters, and listening to the eager expression of hopes, fears, and schemes for the day-and giving gentle 'admonition to each according to their several dispositions capacities and advancement in age and studies.

The breakfast of invalids should be such,

as while it gratifies the appetite, ministers to their strength. At this season, the full dairy, in the abundance of its stores, yields to them fresh sweet milk, or, if this be too heameal, which shall give them far more pleasurable sensations and greater ability to endure the fatigue of their morning exercises than the artificial stimuli of tea or coffee, or country we miscall chocolate. The manuhave no other advantage than that of enaa certain quantity of bad flour and rance d butter, flavoured with a moderate portion of the pure cocoa. The mixture is too strong for the digestive powers of most human beings What effect it would have on the stomach of an ostrich yet remains to be tried. The dinner will in some cases be a repeti-

as self experience or medical opinion shall dictate. The lighter vegetables, such as spinach and asparagus, are to the invalid, tormented with slow fever or any permanent irritation, often of great service: and admissible when the common greens, as sprouts or cabbage, would be injurous. In the absence of leverish heat and thirst, of a sensation of fullness and oppression of the head or chest, of side, the lighter meats may be taken with the above vegetables; or these disagreeing, with rice and stale bread .- If there be any tendency to disease of the skin fish and salt meats are to be carefully shunbe well assured, that the lighter or simpler his means at this season, the more alert he will feel, and the greater will be his exempwill reel, and the greater will be his exemp-tions from these numerous unpleasant feel-ings, bordering on decided pain, which so wear down the system as to produce that weakness which he erroneously comes at weakness which he erroneously comes at last to consider as the disease fiself; where as it is, in fact, but the effect of these causes which is brought into action by high and full feeding. The heaviness and drowsiness through the day, of which many persons often complain at the opening of spring, and best obviated by the course indicated above.

We be to those who think to rouse them. selves by malt , vinous, or distilled liquors it is stirring up a moulderingflame, which had additional fuel been withheld from it, would soon have been extinguished. We'repeat it, there is no beverage so truly inspiring, or which imparts so permanent an invigoration, as pure water. This is the sparkling fount of Helicon, infinitely more pro-